

## SICK WOMAN HAD CRYING SPELLS

Restored to Health by Lydia  
E. Pinkham's Vegetable  
Compound.

Enhaut, Pa.—"I was all run down and weak inwardly. I had female troubles and nervous feelings and my head bothered me. I would often have crying spells and feel as if I was not safe. If I heard anyone coming I would run and lock the door so they would not see me. I tried several doctors and they did not help me so I said to my mother 'I guess I will have to die as there is no help for me.' She got me one of your little books and my husband said I should try one bottle. I stopped the doctor's medicine and took Lydia E. Pinkham's Vegetable Compound. It soon made a change in me and now I am strong and do all my work."—Mrs. AUGUSTUS BAUGHMAN, Box 86, Enhaut, Pa.

Why will women continue to suffer day in and day out and drag out a sickly, half-hearted existence, missing three-fourths of the joy of living when they can find health in Lydia E. Pinkham's Vegetable Compound?

If you would like free confidential advice address Lydia E. Pinkham Medicine Co., Lynn, Mass.

## GERMAN TRAIN

### SERVICE CURTAILED

In Order to Cut Down on Coal Consumption—Travel Reduced to Merely Those Who Have to Go.

Berne, Nov. 23.—(Correspondent of the Associated Press).—Germany has resorted to stringent measures of reducing its coal consumption during the coming winter by cutting down its train service and curtailing the number of people who travel, especially in express trains.

The latest edition of the Journal of the Association of German Railroads announces that at a recent meeting of the representatives of all German railroads, held in Berlin, it was unanimously decided not only to reduce the number of trains, but to put such a high cost upon traveling, by means of radical raises in the price of tickets, as to insure that only those who will travel who absolutely must do so.

The advance contemplated and which will become effective within a very short time are as follows: On all tickets for express trains costing up to five marks, an extra charge of three marks will be levied; tickets hitherto costing from five to 10 marks will be taxed eight marks extra; from 10 to 15 marks, 13 marks extra; from 15 to 25 marks, 20 marks extra; and for sums above 25 marks, 10 marks extra for each 10 marks as ordinarily charged.

Likewise there is to be a sharp limitation in baggage regulations so that both the size and number of trunks, as well as their weight, will be cut down. For the first time in many years, Sunday trains are to be reduced in number. Hitherto they have always run on weekday schedules, sometimes even have been increased in number because of the German's love of making Sunday excursions.

In order to assure the punctual arrival and departure of trains, which unfortunately suffered greatly last winter because it was impossible to get up enough steam to haul the long heavy express trains on time, the timetables will be revised so that trips will be longer than under the present schedule—though probably no longer than they have been actually taking.

## MOTHERS, LISTEN!

When work exhausts your strength, when your nerves are irritable and restless, when ambition lags and you feel rundown, you need and need quickly the rich, creamy, nourishing food in

## SCOTT'S EMULSION

to check your wasting powers, even your blood and build up your nerve force. SCOTT'S is helping thousands and will give you the strength you need.

Scott & Borne, Bismarck, N. D.

## MUST BUILD MORE SHIPS

Only Way to Counteract the  
Losses from Sub-  
marines

## LONDON TIMES CALLS 'VARIATIONS NATURAL'

But Two of the Nineteen  
Vessels Attacked  
Escaped

London, Nov. 23.—The Times' naval correspondent says: "The fluctuation from favorable to unfavorable reports and back again is a feature characteristic of the submarine campaign. The current return indicates an increase of activity by submarines, possibly an increase in the number at work in our waters. With a comparatively trifling augmentation of traffic the losses of all classes of merchantmen has risen from six to 17, and there has been a relapse to the figures of October and the high average of that month. Of these 17 vessels 10 were 1,000 tons or over that figure, which was not surprising two months ago, but looks large in comparison with one big ship sunk in the previous week.

"Out of 10 vessels singled out for molestation only two escaped. On the whole the week's return enforces the warning of Sir Eric Geddes that the comparatively favorable reports of the past two months ought not to be taken as indicating the submarine menace is a thing of the past.

"The warfare of the allied navies on the German submarines presents two aspects. On one side we look upon the progress made in the method of meeting the menace. On the other there is evidence of the drain upon our merchant marine and the knowledge that it is impossible for some time to make good the deficiency.

"Only when the outlook includes both is the fact driven home that the destruction of the submarine alone will not meet the emergency of the underwater campaign. The progress made has brought us to a stage similar to that with which students of naval history are familiar as having been reached at the end of the last great war. Enemy privateers continued to capture our merchantmen because they had ports from which they could sail out to attack trade but in those days there was never a doubt about the necessity of replacing losses by new vessels. So, in spite of the raiders, our mercantile marine flourished. We have now to go back to the policy of wisdom which our forefathers had been taught by experience."

## AMERICAN SAILORS SEE IRISH SIGHTS

They Have Never Seen So Many Pigs in  
Their Lives as Since They Began  
to Wander About on  
Shore Leave.

Base American flotilla in British waters, Nov. 23.—(Correspondent of the Associated Press).—Tramps through the beautiful Irish countryside are the favorite autumn pastime of American sailors on afternoon shore leave. The Americans never saw so many pigs in their lives as they have since they began to wander around Ireland. Up one of the favorite country roads they have become fast friends with an Irish farmer who has a remarkable squad of trained pigs. Whenever the sailors visit his farmyard the owner delights in running his pigs through a number of evolutions just to make the sailors laugh. The farmer is very fond of the youthful Americans. To one party which called the other day he presented a tiny porker which they took squealing back to their ship and adopted as their mascot. One trip at sea, however, made piggy so seasick that he was turned over to the chef and made the centerpiece at a roast pig dinner, the like of which the boys have not had since leaving the shores of the United States.

Bicycling has gained a tremendous vogue with the American blue-jackets. Scores of them, mounted on machines of all possible types and vintage, may be passed daily on the roads leading out from the naval base. The bicycles are rented from local dealers at about \$2.50 to \$3 a week. Many of the sailors have pedaled all the way to Blarney castle, while others have ventured as far as the Lakes of Killarney. They ride through the streets here at what the natives characterize as "reckless speed."

Several of the blue-jackets are former professional or semi-professional cyclists who have competed in long-distance contests in many parts of the United States and they like nothing better than a spin of 20 to 25 miles over good roads to be found in this part of Ireland.

The blackberry season is at its height now and the American sailors have joined the natives in gathering thousands of quarts from the hedgerows along the roads.

The American sailors have caused a boom in the broiled lobster and oyster

## Excellent Laxative For Elderly People

As we pass the prime of life the various organs of the body have a tendency to weaken, especially the bowels. Regularity in this important function is so essential to good health that old folks should be very careful to avoid constipation. A congestion of stomach waste in the bowels occasions dizziness, headache, drowsiness after eating, biliousness, belching, bloating, etc., and should be corrected immediately; it is the direct cause of much serious disease.

The most effective remedy for constipation is a combination of simple laxative herbs with peppermint. It is sold in the name of Dr. Caldwell's Syrup Pepsin. It costs only fifty cents a bottle, is mild in its action, does not grip or strain, and brings relief quickly in an easy, natural manner. Get a bottle of it from your druggist and keep it in the house; it is the ideal family remedy. A trial bottle can be obtained free of charge by writing to Dr. W. D. Caldwell, Washington St., Monticello, Illinois.

## WAR IN THE BACKYARD.

How a Few Hens Will Help Win the War for Freedom.

Uncle Sam now offers to town dwellers an opportunity to produce some of the meat needed by the nation to win the war. The production of the great bulk of the feed and foodstuffs and meat supplies is an obligation of the farmer and for that reason town people, although anxious to serve, have thought that only by conservation and home gardening could they be a factor in the food problem. But they can do more than that. They can be meat producers.

Thanks to the fact that poultry offers possibilities of quicker and cheaper increase than any other form of meat food. Every family, in towns and suburbs of cities—in every place where backyard space and general conditions permit it—should have at least enough hens to supply the family with eggs. That means about two hens for each member of the family—ten hens should be sufficient for a family of five.

To the individual it may seem that the question of his having, or not having a few hens in his backyard is very remotely removed from the outcome of European battles. But if each backyard in this country supplies the family with eggs, and if the farms of the land double their poultry production, as they are being asked by the government to do, there will have been added in the form of poultry and eggs, a vast amount of meat-stuff to the total food resources of our nation—and that means to the total food resources of the nations fighting for the freedom of the world.

## Less Other Meat.

The families that produce their own eggs in the backyard will naturally eat less meat. With twice as much poultry and eggs eaten by the nation there will be, in the final analysis, a great deal less meat and pork eaten at home. That meat can go to our armies and to the armies of the allies.

The town family may be sure that by backyard poultry production a practical patriotic service is being performed; that an important addition is being made to the war strength of the nation. It is a little thing to the individual. But it is a big thing for Uncle Sam. And it is the way town people can help in meat production. The farmer must make the grain and pork and beef and, for that matter, most of the poultry. The town dwellers, by conserving food, can have the gratifying consciousness of having rendered a patriotic service—but that doesn't give them the pride of being actual producers. In addition to conserving food, the family that now produces poultry as well as vegetables for home use will have rendered valuable service. That family will know that it is directly responsible for more meat having been sent to our boys in khaki—and to the French Poilus and British Tommies and to the gallant remnant of the Belgian army—the army that saved civilization—the army of a nation that the rest of the world can never repay.

The United States department of agriculture asks the farmers to double their poultry production next year, which can be done if every farm will keep an average of 100 hens, instead of an average of 40 hens, as at present. And at the same time the town people are asked to help, to the extent, at least, of getting their eggs from their own backyard.

## The Town Dwellers' Part.

This is what the town dweller should do: Make up his mind now that he will keep poultry and produce eggs for home use next year. Arrange now to secure some good laying hens on a basis of two hens for each member of the family. See that a suitable outhouse will be available, and if necessary, provide for fencing to prevent the fowls getting into other yards. Write to the U. S. department of agriculture or to a state agricultural college or its extension department, or to state agricultural officers for detailed advice, if needed.

To do this will help win the war. Get some hens so they can get busy against the Kaiser.

## Died of Pneumonia.

Washington, Nov. 23.—General Pershing yesterday reported the death of Private Larry Moreland, engineer, on Nov. 12, of double pneumonia. His wife lives in Baltimore.



Snappy cold weather food—says Bobby  
**POST TOASTIES**  
MADE OF CORN  
An all Year Food

## Topics of the Home and Household.

All white garments should be hung in the sunlight; all colored articles in the shade.

When glass has become broken and the fine particles are on the floor it is much safer to wet a woolen cloth and lay upon them than to try and pick up the pieces. By patting the cloth upon the particles, every one will adhere and the cloth may be burned.

If you wish to make only what would amount to one cake, but wish to have two different kinds, take a piece of pasteboard or stiff paper, grease both sides, slip into the middle of the cake tin, to divide it into two sections, and by placing half of the mixture in one side and then adding spice, fruit or chocolate to the rest, placed in the other side of the tin, two kinds of cake may be made without much trouble.

## Serving Oysters.

Now that the oyster season has arrived a few recipes will not be amiss. They are capable of being prepared in more ways than any other shell fish. They should be as fresh as possible and Delmonico's rule should be followed, "Never boil an oyster."

Oysters with Mushrooms—Ruffle a dozen oysters in their own liquor. Peel a pint of fresh mushrooms, and cut small. Simmer in salted water till tender. When done, no water should be left. Add the oysters, and season with one pint thick cream or thickened milk, let it come to a boil. Remove at once, and serve in individual cups.

Escalloped Oysters—Roll crackers fine and add as much baking powder as for same quantity of flour. Pour over them one pint of boiling milk, which has first been seasoned. Immediately lay in layers with the oysters. Pour over it one cup of milk in which one tablespoonful of butter has been melted and bake one-half hour.

Oyster Dressing for Turkey—To as much stale bread as is needed add enough hot water to soften. Drain and add butter, pepper and salt. If any herbs are liked, add them, powdered very fine. Add two well beaten eggs. If the dressing is dry, add a little hot milk or cream. Add oysters last.

Oyster Croquettes—Chop one quart of oysters. Heat one-half pint of cream, season, and thicken with one tablespoon butter rolled in cornstarch. Add the oysters; cook till oysters are ruffled. When cold, form into balls with cracker crumbs, dip in egg and fry in hot lard. Drain and serve.

Oyster Stew—Use one quart of oysters. To the liquor add as much water, salt, plenty of pepper and a rolled cracker for each person. When it boils, add the oysters and one-half cup hot cream for each person. Let stand where it is hot (not to boil) till the oysters are cooked, and serve.

Oyster Pie—Line a pan with a rich crust. Fill with oysters, among which a cup of cracker crumbs have been mixed; season well, add bits of butter. Pour over the liquid and one-half cup of cream. Cover and bake.

Oyster Fritters—Chop oysters fine. Add two eggs, one cup milk, two cups of flour, salt and pepper. Add one teaspoon of baking powder to the flour while dry. Beat all well and fry like doughnuts.

Oyster Toast—Chop one-half pint oysters. Add one cup milk, one egg, one teaspoon butter rolled in cornstarch. Cook and pour over slices of buttered toast.

Dorothy Dexter.

## HAWAII'S WATER RESOURCES

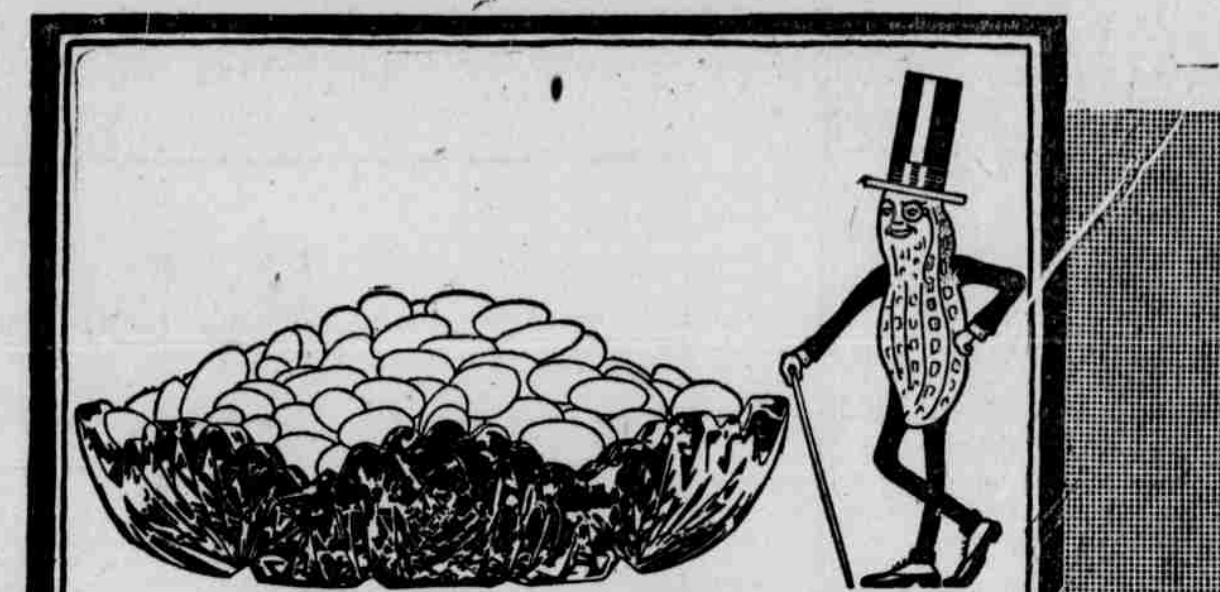
Are Much Needed in Development of Crops.

The rainfall on the Hawaiian islands varies from a few inches to nearly 400 inches a year, and as much of the fertile area is made to produce through irrigation, the study of the water supply of the islands is a matter of great importance. It is stated that the critical period is approaching in Hawaiian agriculture, and that the time has come in the utilization of water when it becomes necessary to have all the information possible regarding its available sources.

Among the principal crops of the islands are sugar, rice and taro; many fine pineapples also are grown. Sugar is by far the most important product, and large areas planted in cane depend entirely on irrigation. Some of the lands are naturally adapted to the growing of rice but require a certain quantity of water varying in amount with the stage of the crop. Taro is also an important crop, furnishing the staple food for a considerable part of the population; it requires a continual application of water during its growth. Taro is a large plant which yields a root tasting somewhat like an Irish potato. It is grown to a considerable extent in the United States as an ornamental plant and is popularly known as elephant's ear.

In making plans for power, irrigation, municipal water supply, and other projects involving the use of water from any stream it is necessary to have data from which the total flow of the stream and its variation from day to day throughout the year can be obtained. Since November, 1909, a study of the streams of Hawaii has been carried on at gaging stations maintained by the United States geological survey department of the interior, in co-operation with the territory of Hawaii, and water-supply paper 430, "Surface Water Supply of Hawaii," just issued by the geological survey, department of the interior, gives the results of this study during the period from July 1, 1913, to June 30, 1915. It contains a list of the gaging stations maintained on the islands, estimates of the daily and monthly discharge of the streams, and the results of studies of rainfall at many points. Water-supply paper 318 gives the results of water resource investigations in Hawaii for the years 1909-1911, water-supply paper 336 the work for 1912, and 373 the work for 1913.

These reports are too technical for the general reader but will be valuable to engineers and others engaged in developing the water resources of the islands. Water-supply papers 318 and 373 are no longer available for free distribution but may be purchased from the superintendent of documents, Washington, D. C., for 50 cents and 40 cents, respectively. Copies of Nos. 336 and 340 may be obtained without cost on application to the director, U. S. Geological Survey, Washington, D. C.



## Originators

Folks, you never saw in your life a whole salted peanut until 1906, when my bosses, the Planter's Nut & Chocolate Co., originated a process of making salted peanuts without breaking the nut while preparing it.

Look at a bag of our peanuts—big whole peanuts, the pick of the crop—and compare them with the ordinary salted peanuts.

Ask for ours, they are

## Planter's PENNANT whole blanched Salted Peanuts

Keeping peanuts whole does not merely make them look more attractive. Not on your life; it keeps in the nut every bit of flavor and freshness when prepared by our special process. That's where we shine!

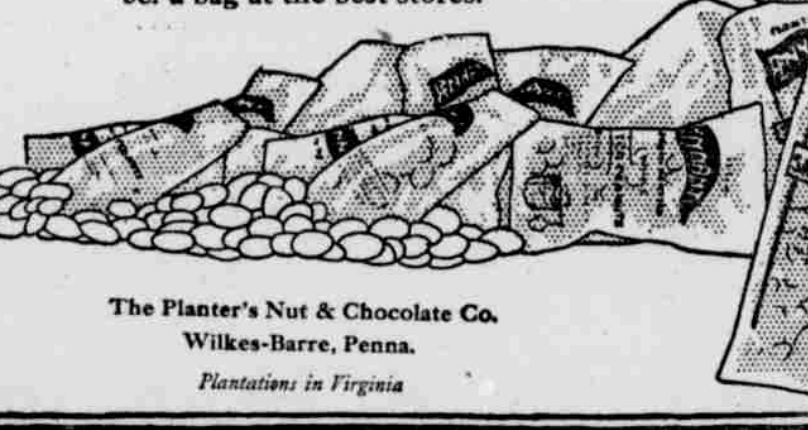
That's why we spent loads of money and years of time in discovering a process which would enable us to produce whole salted peanuts.

Bank on this: whenever you buy a bag of PENNANT salted peanuts they are fresh and crisp.

Our process makes 'em so. PENNANT whole Salted Peanuts are sold only in the glassine bags like the one in this ad. Be sure to examine your bag when you ask for PENNANT Salted Peanuts.

Folks, we know how. We originated 'em.

5c. a bag at the best stores.



The Planter's Nut & Chocolate Co.  
Wilkes-Barre, Penna.  
Plantations in Virginia

## BIBLE FOR EVERY SOLDIER.

Is Planned By War Committee of American Bible Society.

New York, Nov. 23.—A campaign to help build up army morale by putting a khaki testament in every soldier's kit has been given the united support of the federated churches, and the approval of the administration at Washington, according to an announcement made in this city yesterday at a meeting of the war committee of the American Bible society. James R. Wood, president of the American Bible society, announced that the committee had approved plans to raise \$400,000 for the immediate distribution of these testaments to all American soldiers and sailors now serving under the colors.

The money needed for the printing and distribution of these testaments will be raised through American Bible week. The date announced for this week is Dec. 1 to 11.

The committee announced that money could be contributed to the campaign through any federated church or local Bible agency or sent to the American Bible society in New York City.

Mr. Wood said the work had been undertaken by the society in response to repeated demands from the army and navy chaplains, the Young Men's Christian association and other religious agencies working for the spiritual welfare of the men at the front. "The appeal which this campaign will make is one which is bound to awaken a response among thoughtful Christian people," said Mr. Wood. "We must recognize that the maintenance of army morale is one of the surest ways of assuring victory, and we look to see the American army, not only the strongest, but the cleanest and noblest army at the front."

The campaign should make an appeal to all patriotic citizens and the committee feels that a special responsibility rests with the Christian churches. President Wilson's approval of the campaign was read in the following letter: "I am glad to have the opportunity to endorse the effort of the American Bible society to procure a fund of \$400,000 to cover the expenses of supplying the men in the army and navy with Bibles. This is an object which I am sure all Christian people will want to see accomplished."

complished. I hope that it may be for the sake of the men who are going to the front. They will need the support of the only book from which they can get it."

Indorsing the campaign, Colonel Theodore Roosevelt says: "I very earnestly hope that the good people of the United States will furnish you the means to do this work. Every soldier and sailor of the United States should have a testament. The American Bible society is the organization through which the work can be done in best shape."

## A. S. CRANE DEAD.

Was Freight Traffic Manager of Boston & Maine.

Boston, Nov. 23.—Amos S. Crane, freight traffic manager of the Boston & Maine railroad, died at his home in West-

ton yesterday, aged 69 years. Mr. Crane first entered the railroad business in Chicago in 1877 as a contracting freight agent for the Erie railroad and a few years later was sent to Boston as New England agent.

He became general freight agent of the Fitchburg railroad in 1899 and when that road was taken over by the Boston & Maine in 1900 he was made export freight traffic manager.

He had been freight traffic manager eight years.

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For Every Purpose  
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& CO. INC.  
Boston, Mass.

## Add the Cheer of Electric Light

to your home and enjoy BETTER LIGHT through the long winter nights.

Call 98-W for prices.

## Barre Electric Company

135 North Main Street Tel. 98-W Barre

## Chiropractic Free Clinic

To those who are sick, and cannot afford to pay for Chiropractic Adjustments, we are conducting a Free Clinic on Tuesday, Thursday and Saturday of each week from 1 to 2 p. m., at 305 North Main street. If doctors, medicine or surgery have not relieved you, try Chiropractic spinal adjustments. It has helped others. It may help you. It will cost you nothing to prove we can make you a well person if you are a deserving patient.

Gage and Gage, Chiropractors  
Palmer Two Year Graduates

## Going Higher

Now is the time to purchase the automobile you had intended to get next spring, as the prices are advancing and you will save good money by buying a Hudson Super-Six or Saxon Six Car at present prices. I still have a few good buys left in used cars.

E. W. GOODFELLOW, 69 So. Main St.

## Saturday Candy Special at Russell's

150 lbs. 50c Cream Caramels, assorted flavors, nuts, fruit, etc., per pound

39c

## For the Soldier Boys

Safety Razors, all makes  
Trench Mirrors - - - 25c to \$2.25  
Comfort Kits - - - \$1.00 to \$7.50

## The Red Cross Pharmacy